Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in

the application:

1-13. (cancelled)

14. (currently amended) A ~~method~~ system for facilitating control of body weight,

said ~~method~~ system comprising:

a computer;

software executing on said computer for receiving a profile from a user, the

profile including initial body weight;

software executing on said computer for determining an initial time-based

plan as a function of the profile received from the user to facilitate control of body

weight;

software executing on said computer for selectably ~~providing~~ presenting to

the user the time-based plan for facilitating control of body weight, wherein the

time-based plan comprises ~~at least one of~~ the following two options:

(a) a time-based structured meal plan schedule being a meal plan

schedule automatically based on at least one component of the initial

personal profile; and

(b) a time-based non-structured meal plan schedule being a meal

plan schedule based upon food selections received from the user

~~participant~~;

software executing on said computer for providing the user a mechanism by

which the user selects between the two options presented to the user;

software executing on said computer for receiving an indication from the

~~participant of a~~ user type indicative of whether the ~~participant prefers a~~ user

selected the structured meal plan schedule option or a the non-structured meal plan schedule option; and

software executing on said computer for modifying the initial time-based plan, in response to ~~user input, to accommodate the user type~~ the option selected by the user.

15. (cancelled)

16. (currently amended) The ~~method~~ system according to claim 14, further comprising software executing on said computer for receiving cultural background of the user.

17. (currently amended) The ~~method~~ system according to claim 14, further comprising software executing on said computer for receiving at least one characteristic associated with the user.

18. (currently amended) The ~~method~~ system according to claim 17, wherein the characteristics include at least one of the following: health status, gender, height, age, health restrictions, religion, ethnicity, and blood type.

19. (currently amended) The ~~method~~ system according to claim 18, where the health status includes at least one of diabetes and depression.

20. (currently amended) The ~~method~~ system according to claim 17, wherein the characteristics include demographics.

21. (currently amended) The ~~method~~ system according to claim 14, wherein the modified initial time-based plan is a function of heterogeneous data associated with the user.

22. (currently amended) The ~~method~~ system according to claim 21, wherein the heterogeneous data includes user input and predetermined parameters associated with the time-based plan.

23. (currently amended) The ~~method~~ system according to claim 21, wherein the user input includes at least one user-defined meal.

24. (currently amended) The ~~method~~ system according to claim 14, wherein said software executing on said computer for selectably ~~providing~~ presenting ~~includes displaying~~ displays the time-based plan for the user to view.

25. (currently amended) The ~~method~~ system according to claim 24, wherein the time-based plan is displayed in a calendar related format.

26. (currently amended) The ~~method~~ system according to claim 24, wherein the ~~method is performed on~~ the user interacts with said computer using a computing device.

27. (currently amended) The ~~method~~ system according to claim 26, wherein the computing device is a hand-held computing device.

28. (currently amended) The ~~method~~ system according to claim 14, wherein the profile is received over a network.

29 - 48. (cancelled)

49. (currently amended) A ~~method~~ <u>system</u> for forming a meal plan based on a weight control program for a participant, said ~~method~~ <u>system</u> comprising:

      <u>a computer;</u>

      <u>software executing on said computer for</u> receiving an initial personal profile indicative of characteristics of the participant;

      <u>software executing on said computer for</u> establishing a daily food consumption goal for the participant based on the initial personal profile;

      <u>software executing on said computer for</u> selectably ~~providing~~ <u>presenting</u> to the ~~user~~ <u>participant</u> a time-based plan for facilitating control of body weight, wherein the time-based plan comprises ~~at least one of~~ the following <u>two options:</u>

            (a) a time-based structured meal plan schedule being a meal plan schedule automatically based on at least one component of the initial personal profile; <u>and</u>

            (b) a time-based non-structured meal plan schedule being a meal plan schedule based upon food selections received from the participant;

      <u>software executing on said computer for providing the user a mechanism by which the user selects between the two options presented to the user;</u>

      <u>software executing on said computer for</u> receiving an indication from the participant indicative of whether the participant ~~prefers a~~ <u>selected the</u> structured meal plan schedule <u>option</u> or a <u>the</u> non-structured meal plan schedule <u>option</u>;

      <u>software executing on said computer for</u> forming, if the indication received from the participant indicates that the participant ~~prefers a~~ <u>selected the</u> structured meal plan <u>option</u>, a time-based meal plan schedule automatically based on at least one component of the initial personal profile, the meal plan schedule being consistent with the daily food consumption goal and utilizing foods having values associated therewith;

 <u>software executing on said computer for</u> forming, if the indication received from the participant indicates that the participant ~~prefers a~~ <u>selected the</u> non-structured meal plan <u>option</u>, a time-based meal plan schedule based upon food selections received from the participant, the meal plan schedule being consistent with the daily food consumption goal and utilizing foods having values associated therewith; and

 <u>software executing on said computer for</u> providing the time-based meal plan schedule to the participant.

50. (currently amended) The ~~method~~ <u>system</u> according to claim 49 wherein the meal plan schedule is alterable, and further comprising:

 <u>software executing on said computer for</u> receiving a modification to the alterable meal plan schedule; and

 <u>software executing on said computer for</u> applying the modification to the alterable meal plan schedule.

51. (currently amended) The ~~method~~ <u>system</u> according to claim 49 wherein the meal plan schedule is formed utilizing pre-established food combinations having predetermined values associated therewith.

52. (currently amended) The ~~method~~ <u>system</u> according to claim 49, further comprising:

 <u>software executing on said computer for</u> receiving an updated characteristic associated with the participant; and

 <u>software executing on said computer for</u> automatically altering the meal plan schedule based on the updated characteristic.

53. (currently amended) The ~~method~~ system according to claim 52, wherein the updated characteristic includes the current weight of the participant.

54. (currently amended) The ~~method~~ system according to claim 49, wherein the foods utilized to form the meal plan schedule are selected from a predetermined set of foods.

55. (currently amended) The ~~method~~ system according to claim 54, wherein the predetermined set of foods is composed of a pre-established set of foods and a user supplied set of foods.

56. (currently amended) The ~~method~~ system according to claim 55, wherein the pre-established set of foods include foods prepared by consumer restaurants.

57. (currently amended) The ~~method~~ system according to claim 55, wherein the pre-established set of foods include branded foods.

58. (currently amended) The ~~method~~ system according to claim 54, wherein at least some of the predetermined set of foods are meals.

59. (currently amended) The ~~method~~ system according to claim 49, wherein said receiving and ~~providing~~ presenting are performed over a network.

60. (currently amended) The ~~method~~ system according to claim 59, wherein the network is the Internet.

61. (currently amended) The ~~method~~ system according to claim 49, further comprising:

software executing on said computer for generating a shopping list based on the meal plan schedule.

62. (currently amended) A ~~method~~ system for forming a meal plan based on a weight control program for a participant, said ~~method~~ system comprising:

a computer;

a database of accessible by said computer, said database having stored thereon a plurality of meal plan types, wherein each of the meal plan types has an associated percentage of at least one of carbohydrates, protein, fat, and fruits and vegetables that the user is prescribed to eat;

software executing on said computer for receiving an initial personal profile indicative of characteristics of the participant;

software executing on said computer for establishing a daily food consumption goal for the participant based on the initial personal profile;

software executing on said computer for presenting to the participant a plurality of options of meal plan types;

software executing on said computer for receiving an indication from the participant indicative of the a meal plan type ~~desired~~ option selected by the participant~~, wherein each of the meal plan types has an associated percentage of at least one of carbohydrates, protein, fat, and fruits and vegetables that the user is prescribed to eat in the meal plan~~;

software executing on said computer for retrieving from the database the associated percentage of the meal plan type selected by the participant and for forming a meal plan schedule based on at least one component of the initial personal profile and upon the associated percentage of the meal plan type selected by the participant ~~indication received from the participant~~, the meal plan schedule being consistent with the daily food consumption goal and utilizing foods having values associated therewith, said meal plan schedule comprising a

schedule of pre-established food combinations, ~~said schedule of pre-established~~ ~~food combinations depending on the indication received from the participant~~; and

    <u>software executing on said computer for</u> providing the meal plan schedule to the participant.

63. (original) The ~~method~~ <u>system</u> according to claim 62 wherein the <u>plurality of</u> meal plan type <u>options comprise</u> ~~is selected from one of the following meal plan~~ ~~types:~~ a regular meal plan, a higher-carbohydrate meal plan, a higher-protein meal plan and a vegetarian meal plan.

64. (original) The ~~method~~ <u>system</u> according to claim 62 wherein the meal plan schedule is alterable, and further comprising:

    <u>software executing on said computer for</u> receiving a modification to the alterable meal plan schedule; and

    <u>software executing on said computer for</u> applying the modification to the alterable meal plan schedule.

65. (original) The ~~method~~ <u>system</u> according to claim 62 wherein the meal plan schedule is formed utilizing pre-established food combinations having predetermined values associated therewith.

66. (original) The ~~method~~ <u>system</u> according to claim 62, further comprising:

    <u>software executing on said computer for</u> receiving an updated characteristic associated with the participant; and

    <u>software executing on said computer for</u> automatically altering the meal plan schedule based on the updated characteristic.

67. (original) The ~~method~~ <u>system</u> according to claim 66, wherein the updated characteristic includes the current weight of the participant.

68. (original) The ~~method~~ <u>system</u> according to claim 62, wherein the foods utilized to form the meal plan schedule are selected from a predetermined set of foods.

69. (original) The ~~method~~ <u>system</u> according to claim 68, wherein the predetermined set of foods is composed of a pre-established set of foods and a user supplied set of foods.

70. (original) The ~~method~~ <u>system</u> according to claim 69, wherein the pre-established set of foods include foods prepared by consumer restaurants.

71. (original) The ~~method~~ <u>system</u> according to claim 69, wherein the pre-established set of foods include branded foods.

72. (original) The ~~method~~ <u>system</u> according to claim 68, wherein at least some of the predetermined set of foods are meals.

73. (original) The ~~method~~ <u>system</u> according to claim 62, wherein said receiving and providing are performed over a network.

74. (original) The ~~method~~ <u>system</u> according to claim 73, wherein the network is the Internet.

75. (original) The ~~method~~ <u>system</u> according to claim 62, further comprising:

<u>software executing on said computer for</u> generating a shopping list based on the meal plan schedule.